

# Take Time to Unwind

## relax, renew, and rejuvenate

From work demands to financial pressures to family problems, many aspects of life can cause stress. Everyone experiences stress at some time or another. We often tend to downplay the impact it has on our lives, yet stress can play havoc with our physical and mental health. If not properly dealt with, it can lead to a wide range of illnesses ranging from headaches to stomach disorders to depression.

Luckily, there is treatment available for stress that is low cost, fast acting, and highly effective. It's called "relaxation," and the directions are simple: for maximum effectiveness, use as often as possible. So whether you reinvigorate yourself through reading, jogging, playing with a pet, or laughing with a friend, for your health's sake, make sure every day to tackle your stress head-on and...take time to unwind!

April is National Stress Awareness Month. Federal Occupational Health is providing tips on how to protect yourself from the health-damaging effects of stress, as well as some simple techniques for relaxation and meditation online at: <http://www.FOH.hhs.gov/calendar/april.html>.

*Remember that if you find stress becoming overwhelming, you can always get help from your Employee Assistance Program (EAP). Check your agency's intranet or feel free to speak to someone in your HR department for your EAP contact information.*

**FOH Health Communications**